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Vaccination story

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Your experience during COVID-19:

It all started with an email from my health care provider sent the day before I was eligible for a vaccine. For weeks prior to that, vaccines seemed akin to toilet paper in the early days of the pandemic. With a little bit of sleuthing and the proper handshakes it was possible to secure some, even if you weren't in an eligible group. One of my relatives scouted various digital networks to find a location where there were excess doses due to folks not showing up for their appointment or other logistical slip ups. I recall being given a tip or two about locations near me where I could line up in hopes of getting my big shot. As I am somewhat risk averse and I hate waiting, as evidenced by my overaggressive driving, the prospect of waiting in line for a shot that may or may not be there was unappealing. Based on the perception that one needed a golden ticket to get a vaccine, I was surprised how little work was required on my part to get an appointment for the first vaccine. Once the email arrived, I clicked on a couple of buttons, filled out an online check-in form, and voila, I had an appointment on Sunday at 10:40. It didn't even require a Google search.

I got my shot at the Riverside Kaiser Permanente facility. I had been there several times before for vision appointments, urgent care, even a cardiac stress test. This experience was different as it was a study in traffic control. From the moment I entered the building, I was shunted away from the exiting patients by a divider and was led to a small table where a staff member pointed me upstairs for the shot. On the second floor, I was directed through a winding series of hallways with various stations dedicated to a specific task, like checking in, receiving patients, then finally, the shot. Had there been singing automatons, it could have been like an amusement park ride. Think It's a Small World.

The shot itself was similar to any other inoculation I received. The main differences were that I received a sticker, similar to the ones you receive after voting, and I was asked to wait in an observation area for 15-30 minutes to make sure I did not have a severe reaction to the shot. While I did not, my wife, who received her vaccination weeks earlier, experienced some dizziness after both shots. When my waiting period was up, I headed outside and remembered what a wonderful spring day it was. Yes, the symbolism is little heavy-handed, but that's nature for you. Might as well embrace it.

My second vaccine is spaced 4 weeks from my first. The minimum recommended interval is 2 weeks. I'm looking forward to it, although many are speculating that folks will receive regular COVID vaccines like the flu or tetanus. I never thought I'd see a day when a vaccine would seem so monumental, like polio or smallpox.



NA COVID-19 VACCINE TO PREVENT CORONAVIRUS DISEASE (COVID-19) IN INDIVIDUALS 18 YEARS OF AGE AND OLDER

ffered the Moderna COVID-19 Vaccine to prevent Coronavirus Disease caused by SARS-CoV-2. This Fact Sheet contains information to help you understand the risks and benefits of the Moderna COVID-19 Vaccine, which you may currently be exposed to during a pandemic of COVID-19.

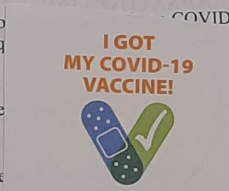
The COVID-19 Vaccine is a vaccine and may prevent you from getting COVID-19. It is a Food and Drug Administration (FDA) approved vaccine to prevent COVID-19.

This Fact Sheet for information. Talk to your healthcare provider if you have questions about the COVID-19 Vaccine. Talk to your healthcare provider to receive the Moderna COVID-19 Vaccine.

The COVID-19 Vaccine is given in two doses, 1 month apart.

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This information may have been updated. For the most recent Fact Sheet, please visit www.kaiserpermanente.org/healthcare/providers/clinical-services/immunization/covid-19-vaccine-eua.



WHAT YOU NEED TO KNOW BEFORE YOU GET THIS VACCINE

WHO SHOULD GET COVID-19?
 COVID-19 is caused by a coronavirus called SARS-CoV-2. This type of coronavirus can cause COVID-19. You can get COVID-19 through contact with another person who has COVID-19. COVID-19 is primarily a respiratory illness that can affect other organs. People with certain conditions may be at higher risk for severe illness from COVID-19.

